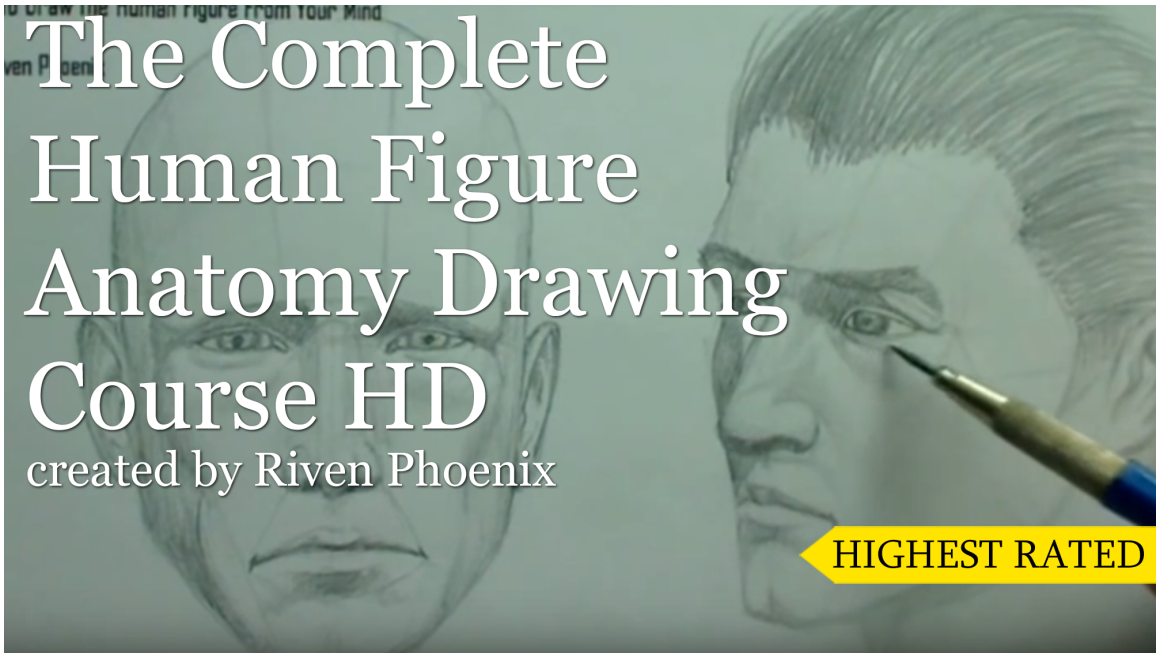


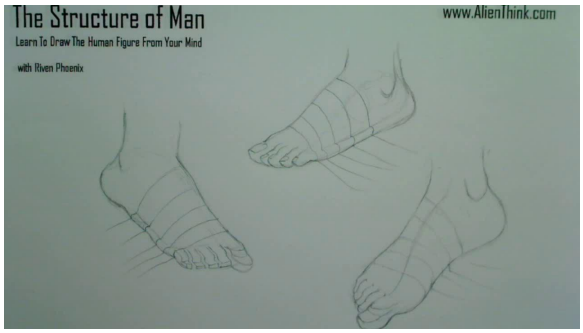
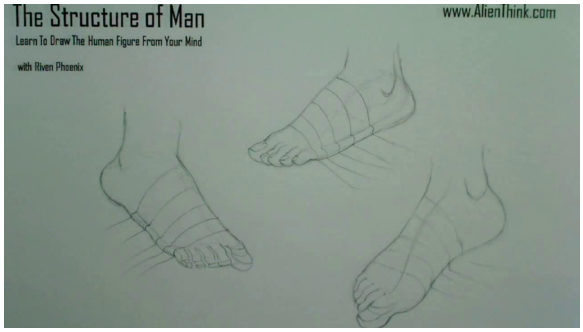
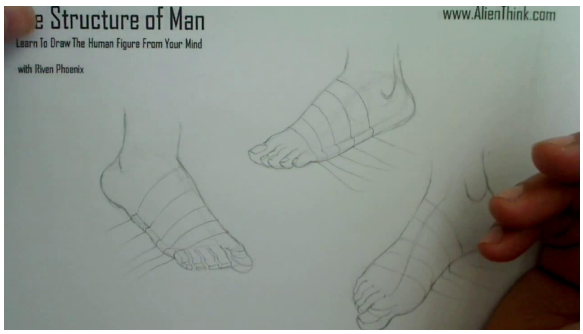
The Structure of Man

Learn to Draw the Human Figure From Your Mind with Riven Phoenix

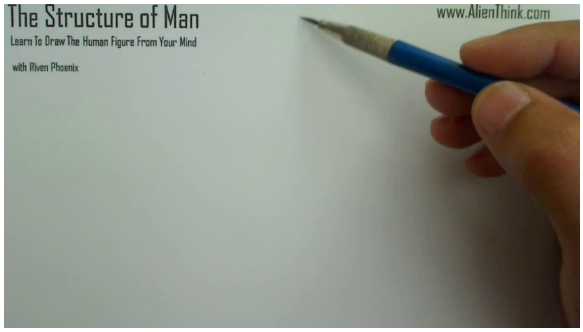
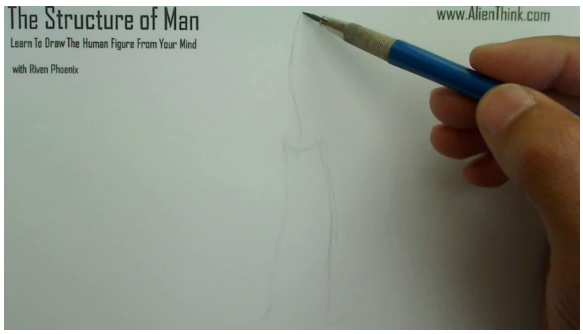
www.alienthink.com

Figure Drawing Lesson 186 - Conclusion of The Human Being - Part 1

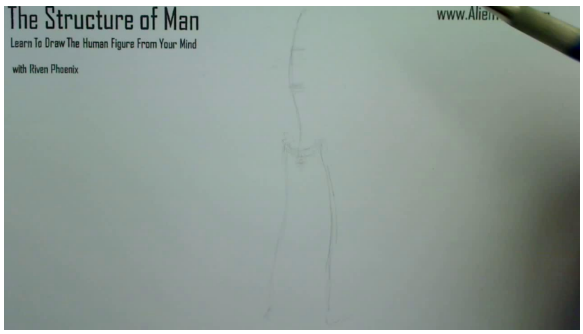
2026 Riven Phoenix and AlienThink.com

1		Hey guys, my name is Riven Phoenix and welcome to the structure of men, learn to draw the human figure from your mind training course.
2		Okay, so now we've come to the most important lessons in figure drawing is we're going to now start to do these very important drawings that will really show us that all the things that we have been
3		going through in this artistic thinking process that it has truly imprinted in the mind.
4		So the first drawing that we're going to do, so these are going to be our conclusion lessons so we can close up the structure of men, a series to do with mastering conceptually the figure so we can draw it really in any way that we want.

2026 Riven Phoenix and AlienThink.com

5		So to do these drawings, we're going to first start out by doing a drawing of the back of the figure first.
6		Okay, so for this one here I'm just going to put down use the toolkit really because we want to prove all these concepts that are working here and here we're just going to say that okay this is going to be the figure like this over here and I'm going to pretty much just make him like this going like this.
7		So this is our original idea that we had done for our toolkit to show that really you can use a wire system to just put down like a basic idea, right?
8		So once we know the top and the height of the figure, we can just simply say that okay well over here is going to be about like the crotch.

2026 Riven Phoenix and AlienThink.com

9		I'll divide it like in half. It doesn't matter if I did this line here right because it's just going to go walk.
10		You just have to visually see and you just need something on paper over here, right?
11		So once we've done this here we can say that okay well here we're going to state that about here, about here is going to be where the chest line is going to be and this is basically where the chin line is going to be.
12		Right, at least get that idea down. So we're doing it this way here because we're just talking through obviously we can just draw it out with basic shapes, right?

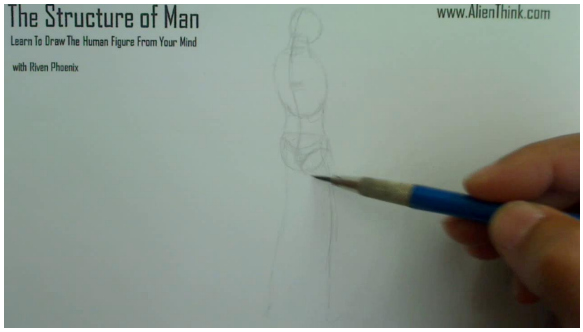
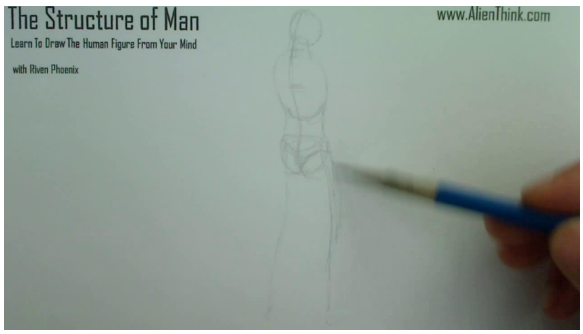
2026 Riven Phoenix and AlienThink.com

13		So to draw out this figure, I'm just going to first put down like my basic shapes, right?
14		So this wire system that I show you, you don't have to use it, right?
15		You can draw it right out with basic shapes but it's easier to just get some idea down.
16		So here I'm going to now start to just use the mannequin system that we came up with over here and just visually see that okay well I want the chest cavity to be about this big over here.

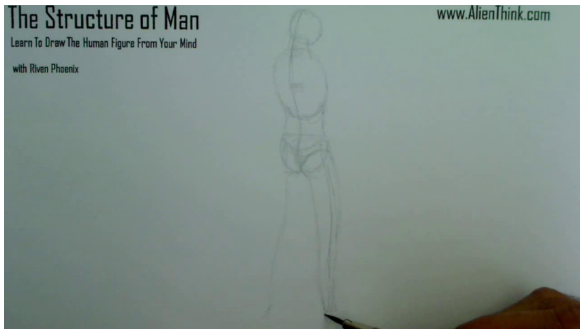
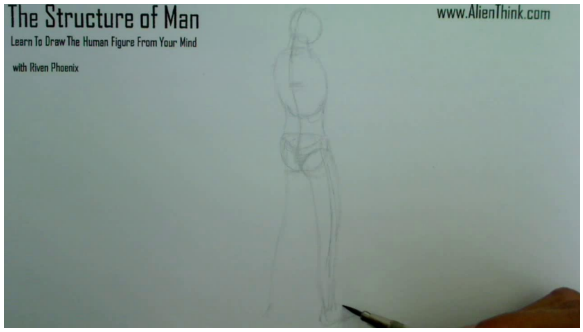
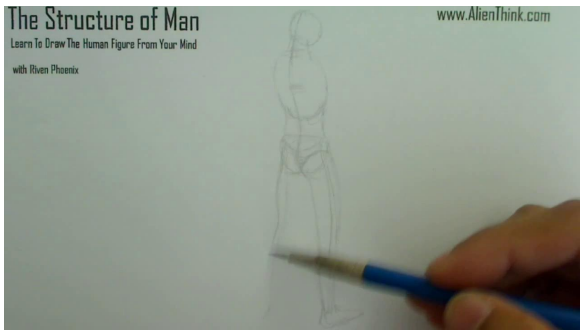
2026 Riven Phoenix and AlienThink.com

17		I want I'm going to make it this big over here and again this is where you want to now take into account the ideas of perspective over here.
18		So we're going to get this idea here that we said of the love handles and then we're going to get the pelvis system over here, right?
19		So here we can just simply draw out this very simple like this idea here for the pelvis system and then we know that we're going to get like the underwear system for this guy over here, right?
20		So we know he's going to go in just about like this, right?

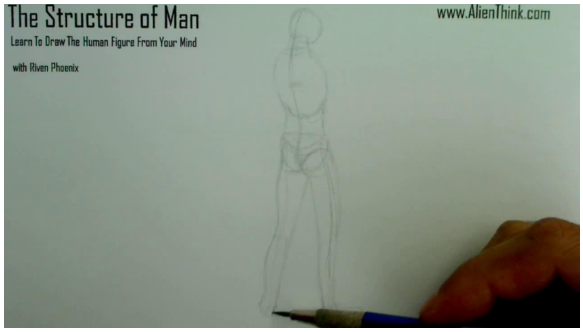
2026 Riven Phoenix and AlienThink.com

21		So again, we know that the buttocks really is going to come more in over here, right?
22		So we can already see this because we know how the muscles are going to be.
23		So I'm just going to first do this very softly over here, but you can just follow along in the same idea.
24		Here we're just going to draw out the legs like this over here and then just put the idea here for the foot, right?

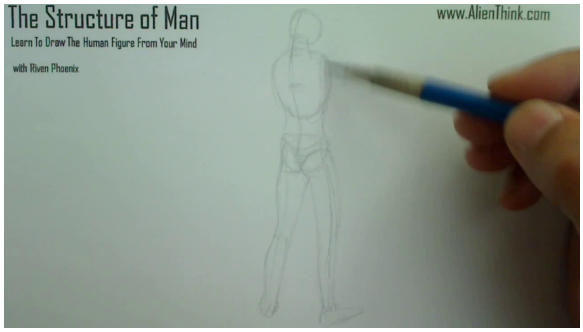
2026 Riven Phoenix and AlienThink.com

25		So here I'm just going to say that okay well what I want to do is with the foot is that I just want to draw it this way over here.
26		And we'll come back to the foot again because we just came off it so we know how it's going to look, right?
27		And then over here what I want to do is kind of like almost the base, the same thing that we did before in our, right?
28		So here I'm just showing you that we're using the same knowledge base when we learned about the figure, the leg area, right?

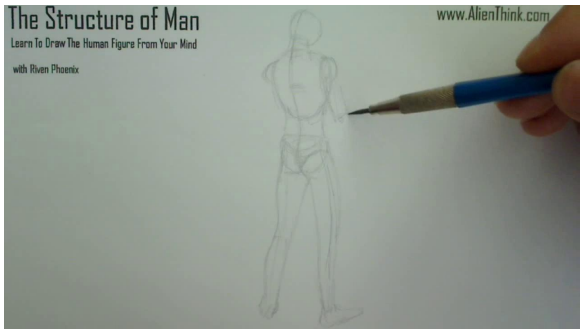
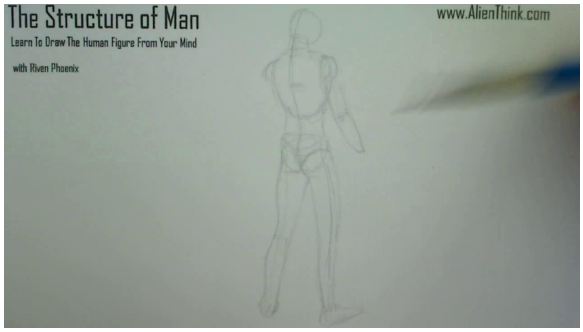
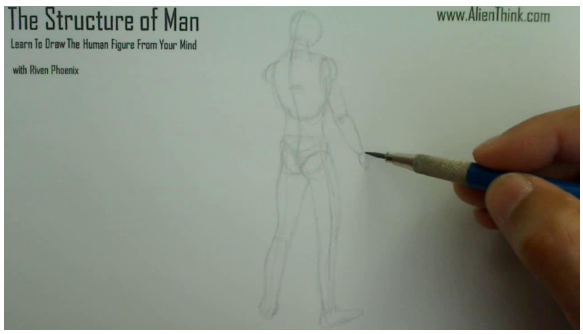
2026 Riven Phoenix and AlienThink.com

29		We're just using the same knowledge base from that and saying that okay well let me start to use some of those ideas.
30		So here for the foot, I'm just going to make it like go away from us.
31		So I haven't decided what we want to do with that yet.
32		Okay so over here I know that okay I'm going to get the the cladical from the from the back joining over here.

2026 Riven Phoenix and AlienThink.com

33		So this means I'm going to now just get that basic shape that we've been working on for the mannequin system.
34		He's just going to be like this and then I'm going to get my my ball shape over here for the the shoulders, right?
35		So we're going to talk this through and understand what is it that we're drawing here.
36		Okay so what I'm trying to do here is just draw out a guy that's going to be like point just showing exposing more of his back over here this way.

2026 Riven Phoenix and AlienThink.com

37		And let's give him like a nice pose over here for the hand for the arm over here.
38		And then for the hand is just going to be pretty simple.
39		We know what to do over here.
40		We'll just draw it out like this over here and then we'll make his fingers.

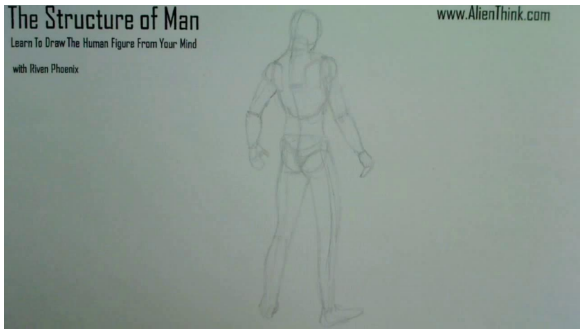
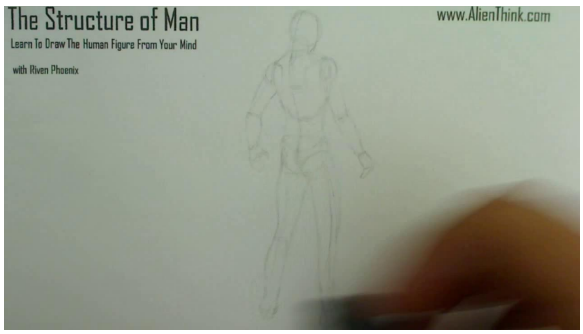
2026 Riven Phoenix and AlienThink.com

41		So here we can just put like a basic idea here for his hand over here.
42		Right so then over here I'm just going to draw out a simple hand over here.
43		So again all this is going to be really a detailed stuff here that we're going to be drawing.
44		So we just go see show you we can really draw anything that you want.

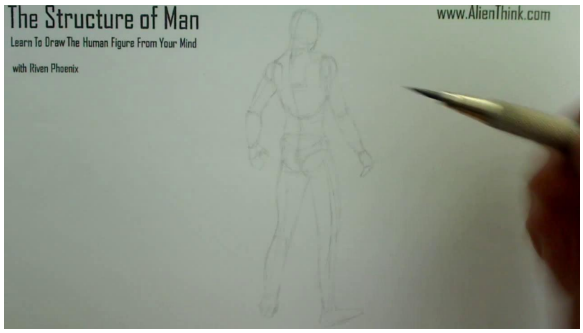
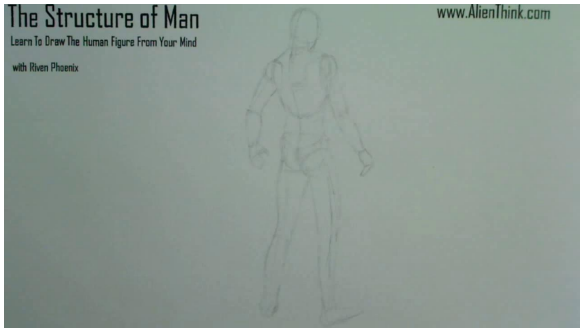
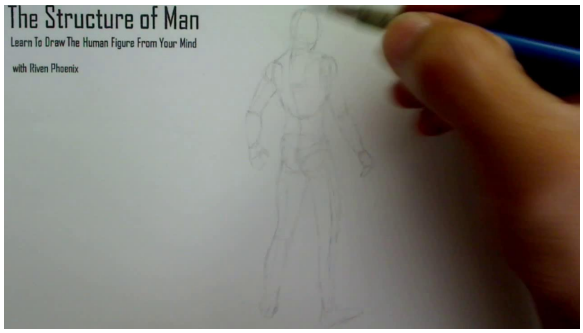
2026 Riven Phoenix and AlienThink.com

45		So here for the thumb I'm just going to like think of the thumb like this for now.
46		And I'm just going to do like the hand a little bit like this over here, right?
47		So once we've gotten this we're just going to just give the back over here in our mannequin system.
48		That idea we we said that this is just going to be where the the scapula is going to be.

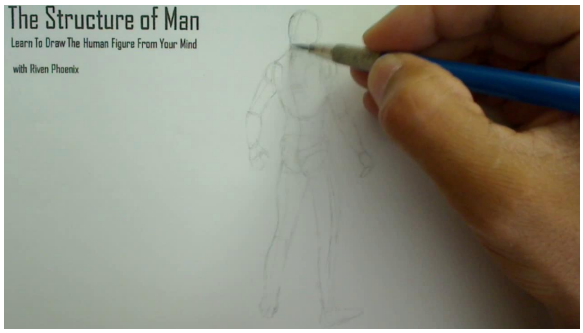
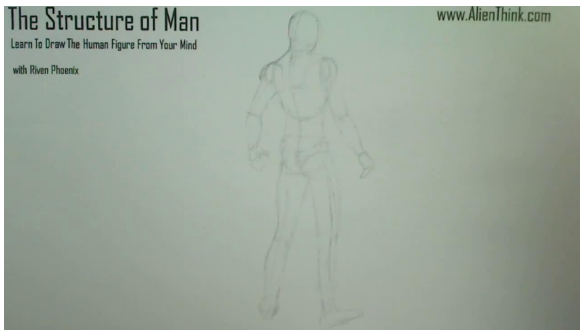
2026 Riven Phoenix and AlienThink.com

49		Right so for his head over here we can now just simply say that okay well we'll just make his head go down this way over here.
50		Right so this will give us a nice idea over here.
51		Right and this should be really an exciting moment for us because we're now going to be drawing a full figure with all the muscles intact completely from our mind.
52		And we're going to see that it's actually going to be very easy to do this, right?

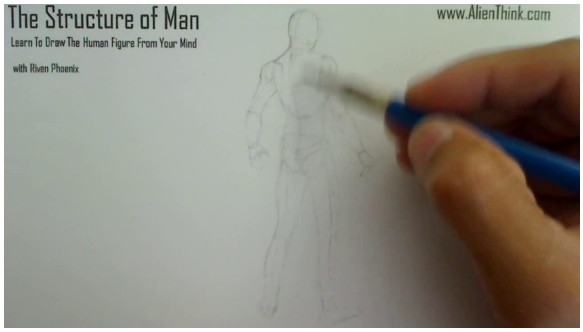
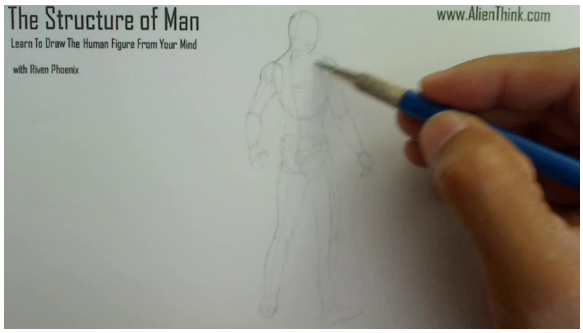
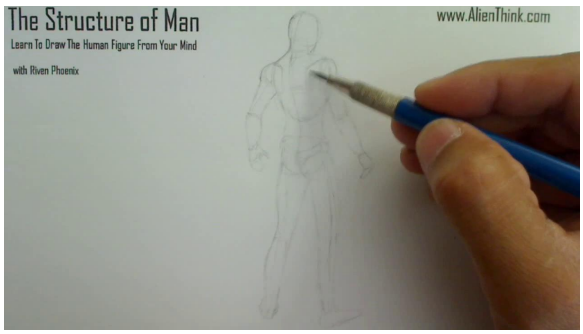
2026 Riven Phoenix and AlienThink.com

53		So here I'm going to have a sharp I'm going to sharpen this pencil because we really need to put a lot of detail in here.
54		And to be a detailed process.
55		Okay so once I get this right now I'm going to just think about the the forms a little more.
56		So I'm just going to say that okay well over here I want you to draw out the the head in this way over here.

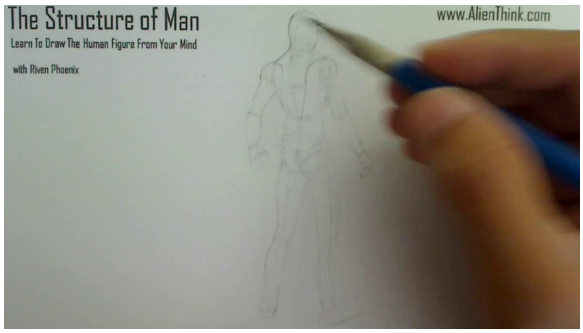
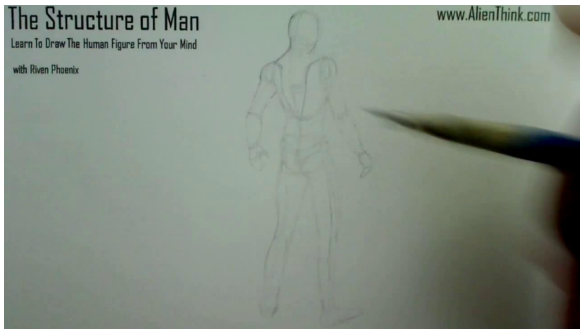
2026 Riven Phoenix and AlienThink.com

57		I'm going to do the the neck like this.
58		And then over here I'm going to do a little bit of the the the shoulder.
59		I'm going to make him make the shoulder come out just a bit more over here.
60		Right so we're going to think about a little bit of the control lines over here first.

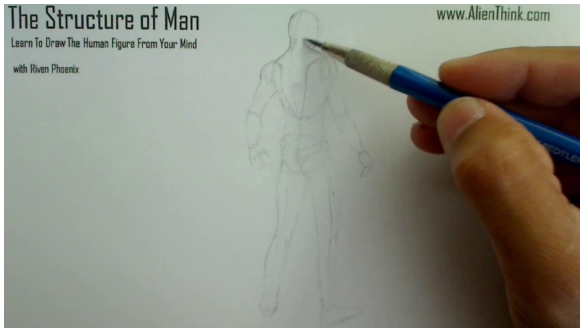
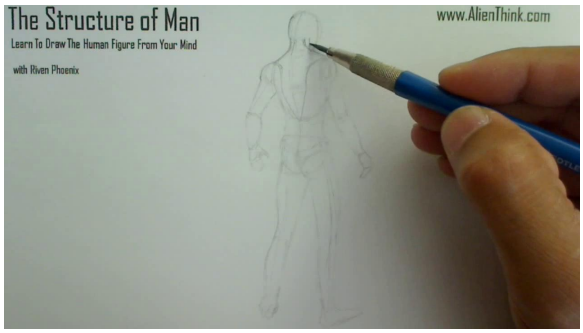
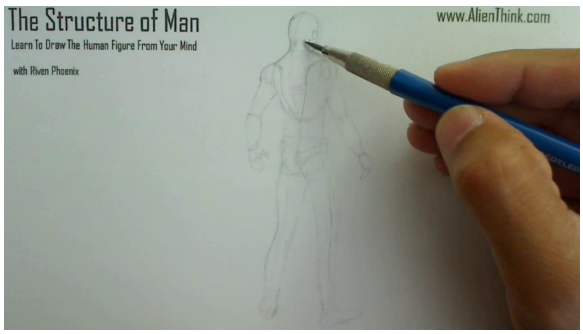
2026 Riven Phoenix and AlienThink.com

61		Okay so here I've just gotten basically the the concept down.
62		So now using these anomalies in the back we're going to start to lay out the muscles.
63		Okay so we know that okay over here we're going to get the trapezius muscles.
64		He's going to go over him just a little bit right and he's going to end up here in the back over here just like this.

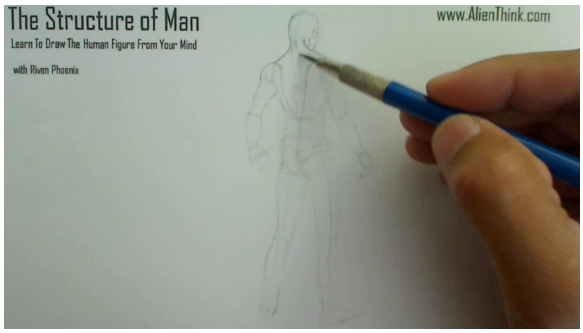
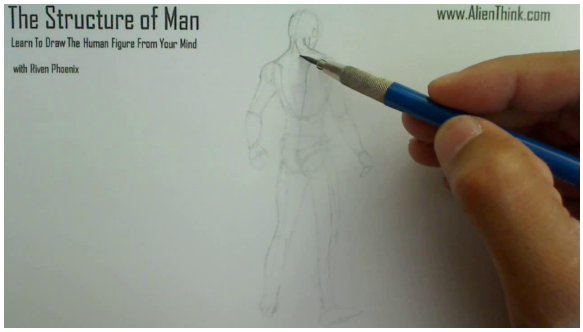
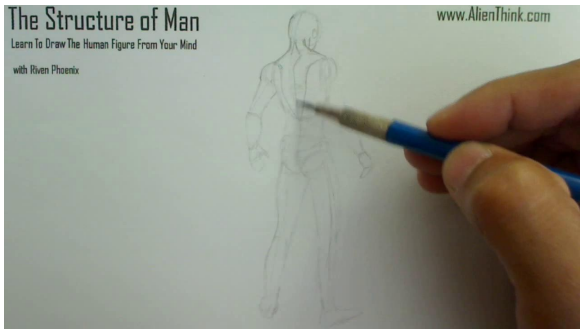
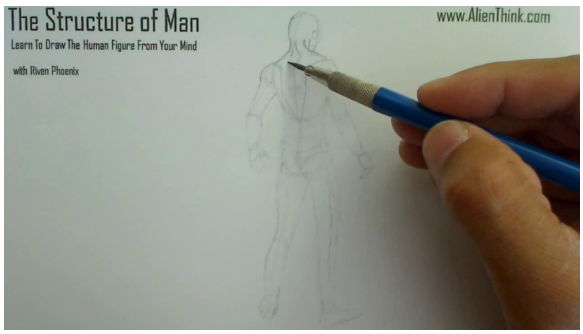
2026 Riven Phoenix and AlienThink.com

65		So from the other side he's going to do the same thing.
66		He's going to go fall off on the back and this is where we're going to think a little in 3D that he's going to end up over here.
67		And then over here we're going to get the trapezius muscles.
68		The bottom of just going to be connecting over here just like this over here.

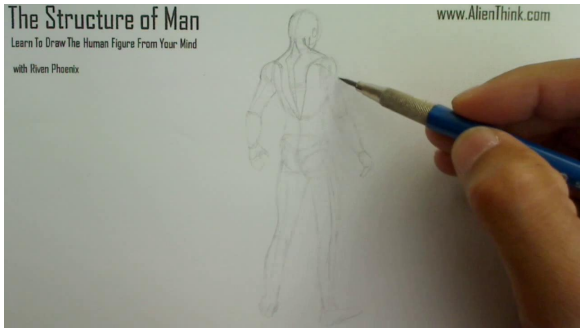
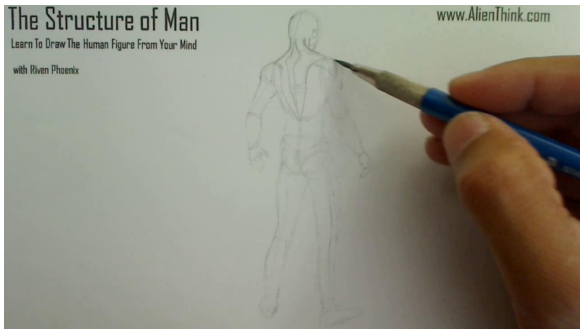
2026 Riven Phoenix and AlienThink.com

69		And then we're going to get this guy over here just like this.
70		Okay and then you're going to get your muscles for the neck over here like this.
71		Right so you're going to get your ear just about over here.
72		Okay so that's the first thing.

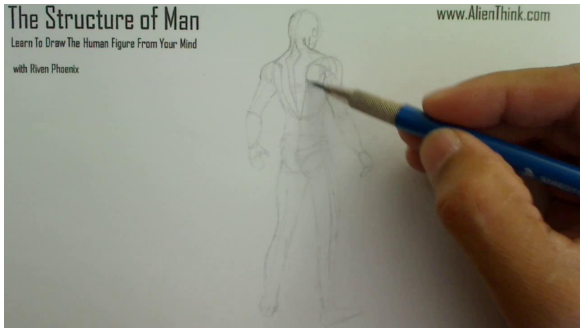
2026 Riven Phoenix and AlienThink.com

73		Then we said okay well when you're drawing at the trapezius it's going where this thing is it's going to come like this and basically where that point is going to be.
74		The guy is going to start to curve in and then he's going to have like this a little bit of like this shape in here.
75		But this is really a wedge in the whole system.
76		And here we just have to think a little bit in more perspective over here and start to put him down very simply like this right he ends over here.

2026 Riven Phoenix and AlienThink.com

77		So now we get to this system over here we know that right I'm going to get really my my deltoid muscles over here.
78		So I'm going to kind of like bring him out a little more over here so he looks a little better in perspective.
79		Right he's going to be I'm just laying out ideas first and I'm going to do anything not make going to make anything official here.
80		So I know that right I'm going to get the the triceps that are just going to come over here like this right because I know this how this connection works now.

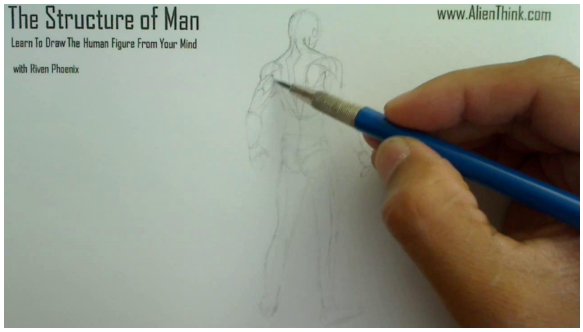
2026 Riven Phoenix and AlienThink.com

81		Right we both know what's going on in this area then we know that right you're just going to get this line over here.
82		You're going to get a little bit of here then you're going to get the doors I must and this guy is going into the armpit right so you're going to get this line over here.
83		So what's going to happen here on this side is that now we have to think okay well we're going to get at least this line over here.
84		Because the deltoid is going to be very close over here in this area.

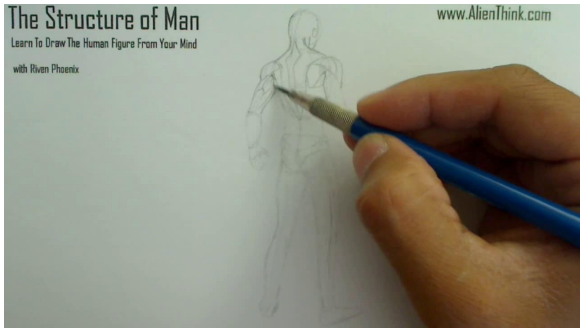
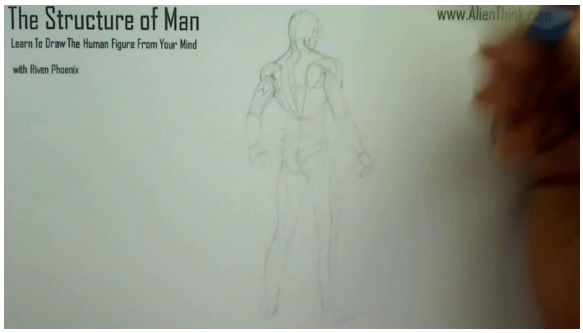
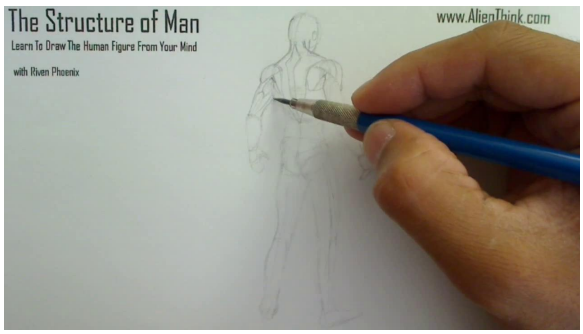
2026 Riven Phoenix and AlienThink.com

85		So he's just going to go like this and we know that this is really the line for the triceps.
86		And over here I'm just going to decide okay well my elbow is really going to be here like this.
87		So what I want is that the triceps should come like this over here going to get like a little bit of this white area.
88		And I already know that I'm going to see quite a bit of him over here and he's going to be splitting too like this right.

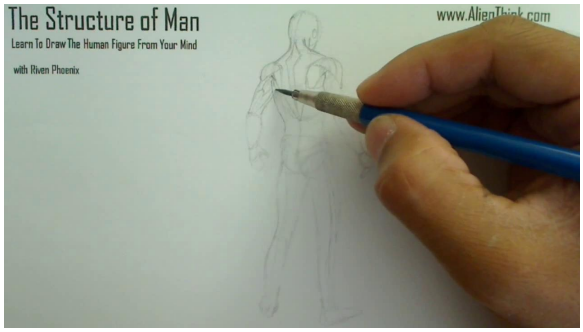
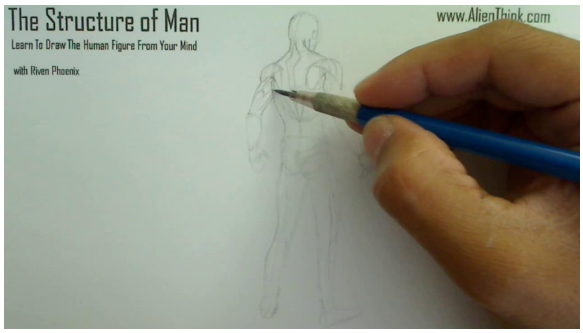
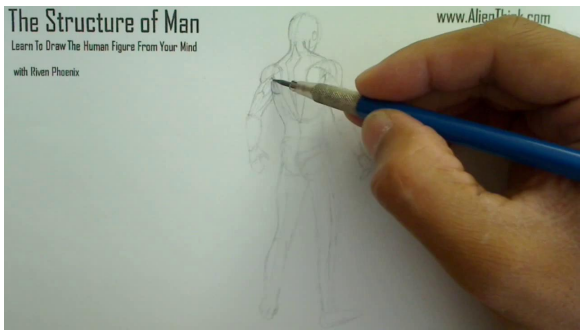
2026 Riven Phoenix and AlienThink.com

89		We're going to come back in to put in a lot of these details in.
90		First we got to understand right and then over here I'm just going to get that line here.
91		So it's just going to be like this and that's going to go under the armpit and we're going to get into the door sign muscle.
92		And then over here we can just simply say that okay we're going to get like the bicep.

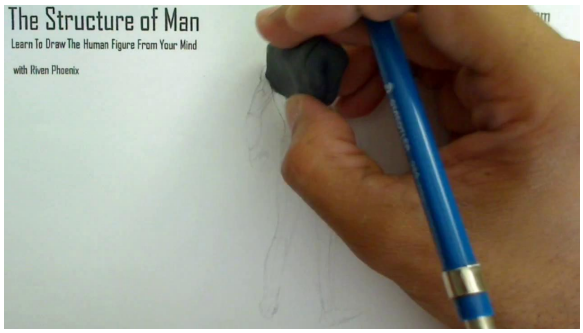
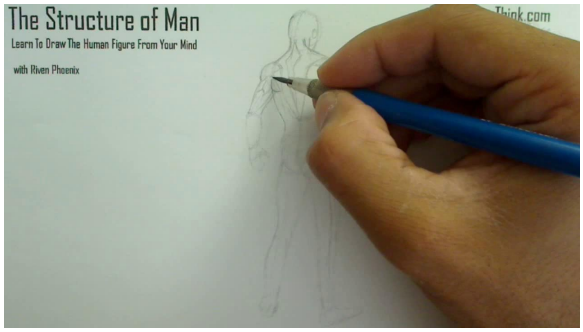
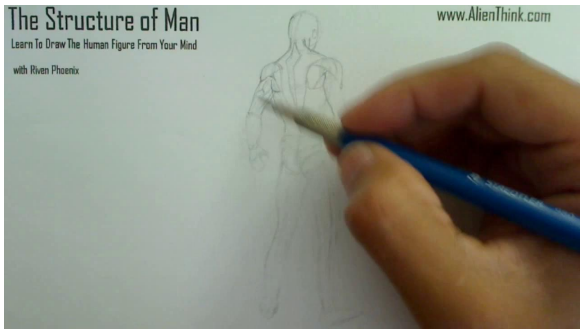
2026 Riven Phoenix and AlienThink.com

93		We're going to see a little bit of the bicep going down in this way right.
94		So for the door sign muscle I'm just going to make it a little more bigger over here.
95		Actually I'm going to make this area a little more bigger so it matches here in perspective right.
96		It's got a match so it's going to be kind of like this over here.

2026 Riven Phoenix and AlienThink.com

97		I'm going to do this very lightly over here and it's going to be just the same thing.
98		We just really didn't change anything.
99		The door sign muscle is just going to go over there.
100		I'm going to get this connection over here.

2026 Riven Phoenix and AlienThink.com

101		So I'm going to clean this up so you can see this where this connection is right.
102		And then over here we said right it's just going to be like this.
103		So here we're going to now get the elbow over here and then we're going to start to get our muscles.
104		So the elbows over here and then we know that the funny bone is here.

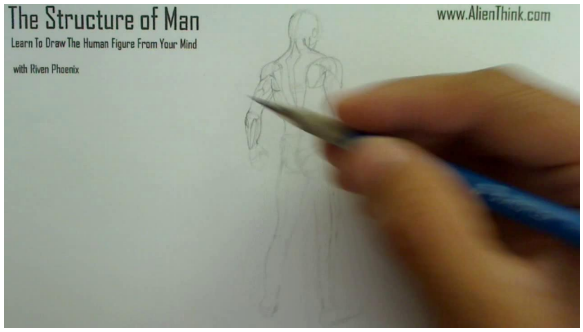
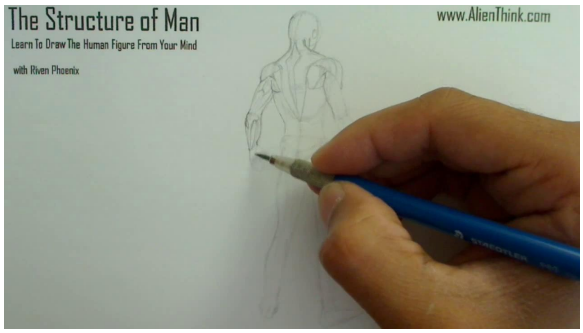
2026 Riven Phoenix and AlienThink.com

105		We know that their radius is on the other side and we know that six and seven really want to get to the area for the thumb.
106		So what's going to happen over here then?
107		Well we know where the funny bone is right we're going to get number four over here.
108		And then we're going to get he's going to be here coming under here kind of big over here.

2026 Riven Phoenix and AlienThink.com

109		He's number four.
110		We're going to get number three then we're really not going to see number much of number two.
111		We're going to get number one and then we're going to get that number five.
112		So these are going to be like these tiny tiny details but I'm showing you that we've accomplished that goal.

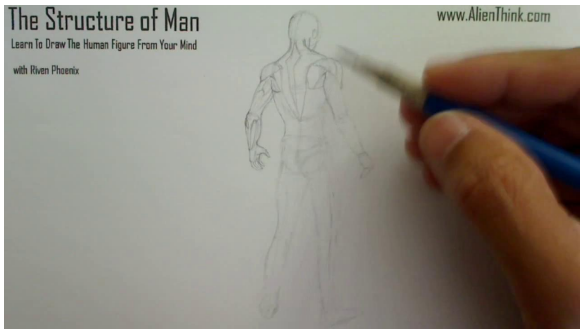
2026 Riven Phoenix and AlienThink.com

113		And you're going to get over here muscle eight and then we know that it's just going to be be over here and I'm going to get it like this.
114		So for the hand we're going to be very slow with this process now.
115		So we know that right I'm going to get this muscle over here for the hand and this is going to come out like this over here.
116		Right I'm going to get that idea here then I'm going to start to get idea for the thumb and I'm just going to finish up the thumb like this.

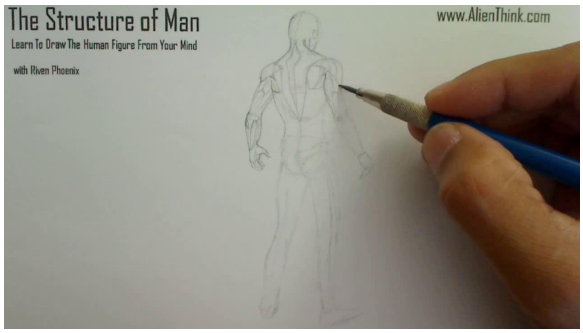
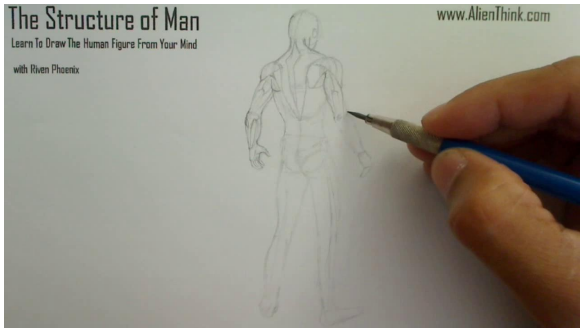
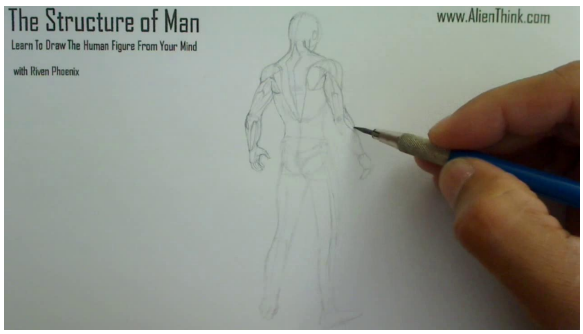
2026 Riven Phoenix and AlienThink.com

117		We have to draw this very slowly and very small here.
118		These are like these fine fine details.
119		Okay so here I'm going to draw out the little finger over here saying that that's where that's going to be.
120		Over here the other finger I'm just going to keep this simple over here.

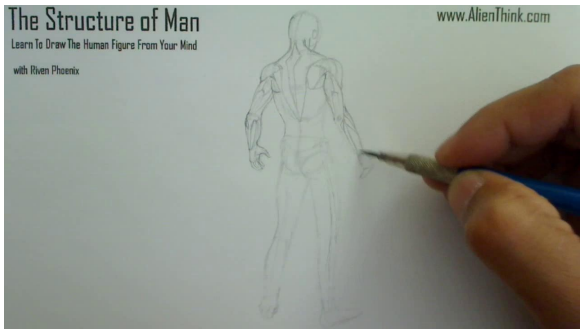
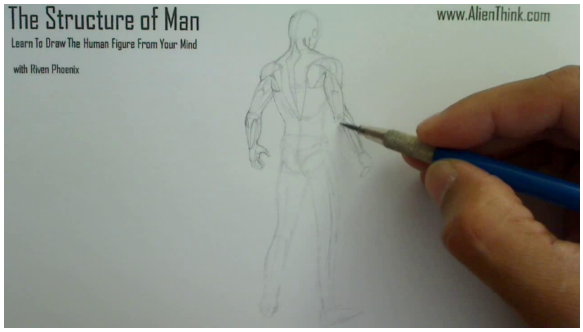
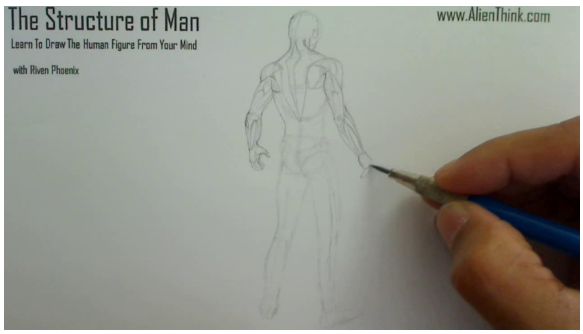
2026 Riven Phoenix and AlienThink.com

121		Well actually we'll draw out this index finger like this and make this one a little bigger.
122		Right so we got that done.
123		Now let's work on this side here so we know that okay well I mean you were we're going to get the cut in the tricep in here.
124		Then we know that where's the elbow the elbow we're going to say it's going to be here that I'm going to get this halfway here like this white area here for the for the tricep I'm going to get like a cut over here.

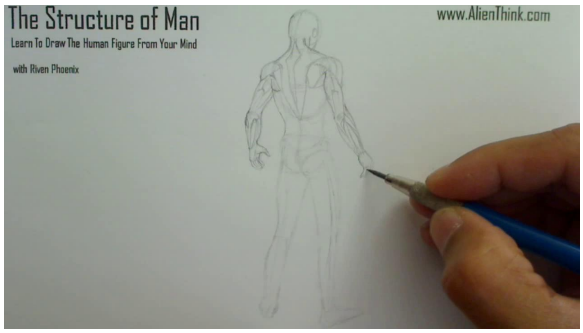
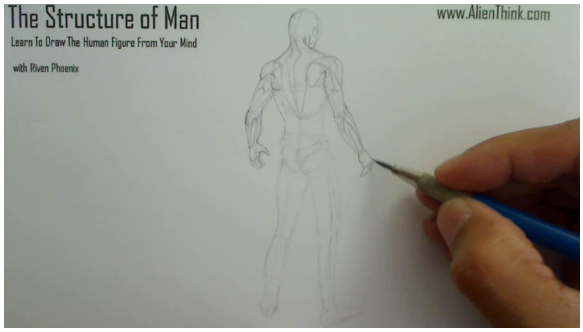
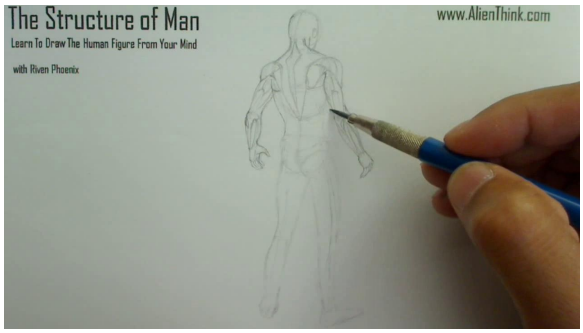
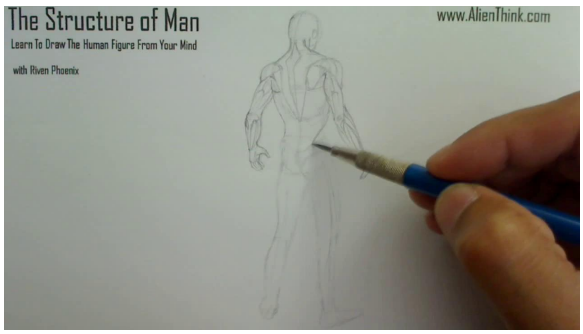
2026 Riven Phoenix and AlienThink.com

125		Then this tricep is going to basically just balloon out and he's going to going this way right and then this is my funny bone this is my radius.
126		What's going to happen over here is that we know that right you're going to get six and seven right so muscle you got to look at where the thumb is.
127		So we know that right six and seven are now going to go about their business but they're going to go up already to the other side.
128		Right so that leaves us with a that leaves us with a let me know that right then we're going to get B and then we're going to get C.

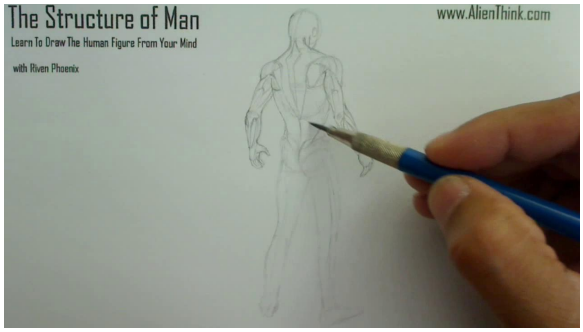
2026 Riven Phoenix and AlienThink.com

129		C is the guy who splits into three more three wire systems over there then we will get a little bit of D and these two marks over here.
130		And then over here we know that of course we're going to get four just like this right and that's what's going to cause this idea to come out.
131		So now we're going to do this hand over here we know that okay well this we're going to get that the side of the hand like this over here then we're going to get the top to go like this.
132		So I want to do it kind of like on this angle so him going to do the small finger first.

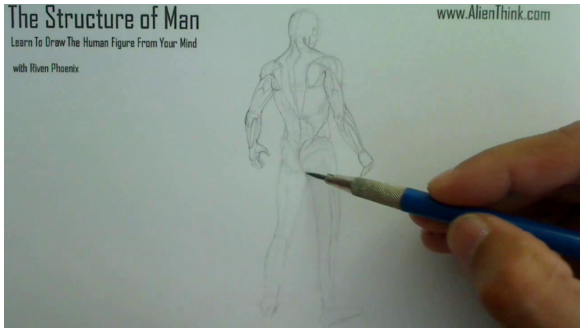
2026 Riven Phoenix and AlienThink.com

133		Just like this and then do the other finger over here right this is going to be like almost and we can still draw it out nicely.
134		That's you're going to get the four finger over here okay so now once this is done I know that okay I got the the doors I muscle over here I know that over here is going he's going in because of how the ribcage is right.
135		So here I'm going to bring him out just a little bit more in I'm going to say that okay he's going to come over here because this is the mark right this is the area that exists and this is the mannequin system.
136		So you have to use multiple things here also your knowledge from the skeleton system to get this correctly down.

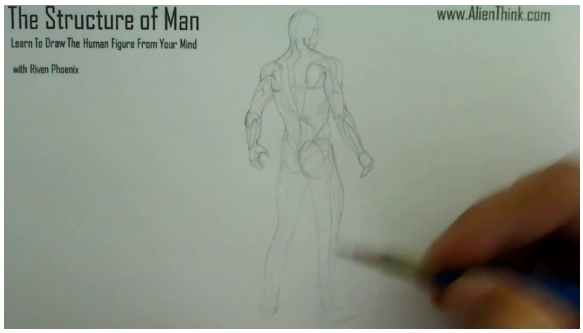
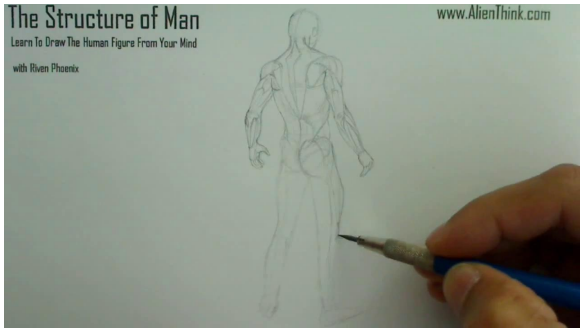
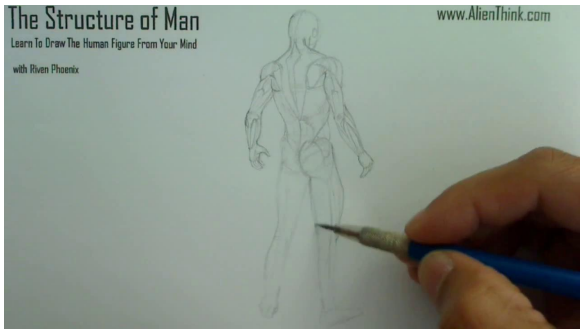
2026 Riven Phoenix and AlienThink.com

137		So you know that right over here I'm going to just basically get the area for the botox over here so this area is really just going to be like this and over here I know that okay this is going to be really deep inside.
138		And we already know that right the door side muscle is going to stop being a muscle over here like this is going to be like this diamond shape we're going to get right.
139		So from the other side is just going to be like this and over here we're really just going to get like these two big pipe systems because there's going to be a wedge in here over here we're going to get the love handles right.
140		So we're going to now draw out this very carefully over here we're going to get the look that's just going to go and disappear into the obliques right.

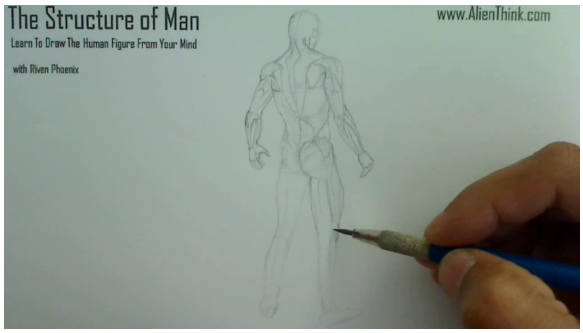
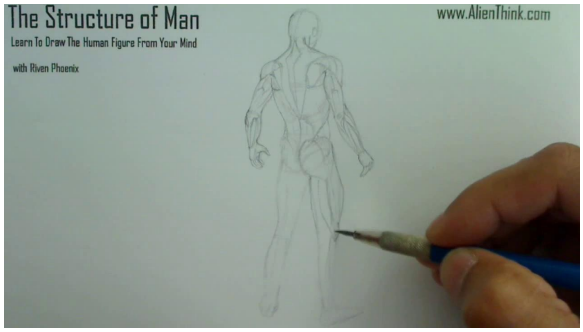
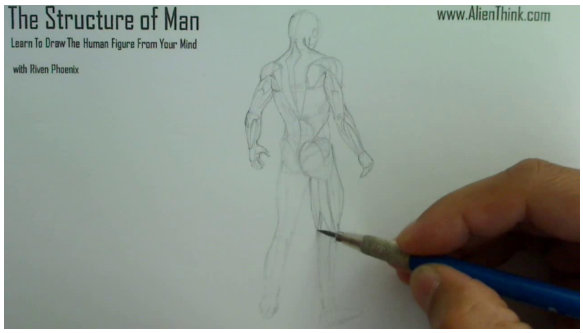
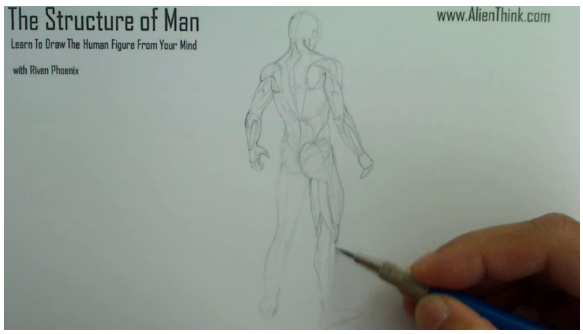
2026 Riven Phoenix and AlienThink.com

141		So now we're going to get into this area here this is for the this is the outline here for the leg that you can see so now we're going to get into the the muscles here.
142		So here we've got muscle L we're not going to we don't have to put the numbers down here right and then where this guy is this is muscle L we know that okay well where this where this is we just need to make an assumption that okay he's just going to go in.
143		Over here where this is and he's going to become muscle muscle M right I'm going to get muscle L and then muscle M and then over here from the from the side I'm going to start to get in over here right.
144		So what this means is that if we if we look at this area we're going to come in a little bit and then we know that right we're going to get muscle J and J is going to be kind of like more in right.

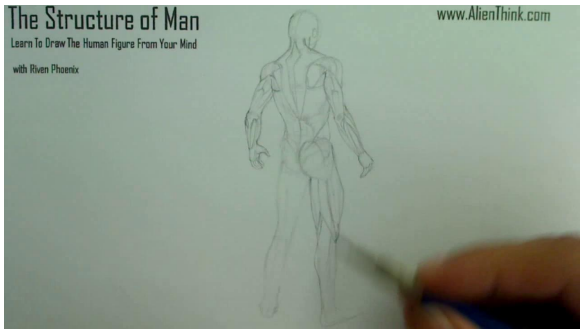
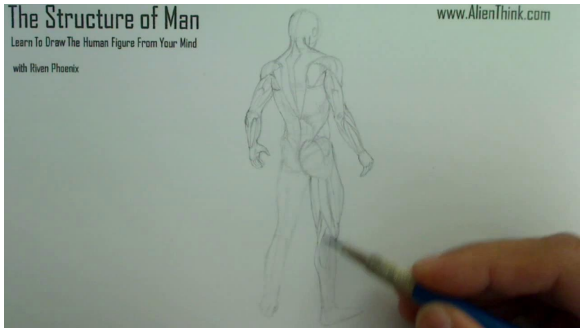
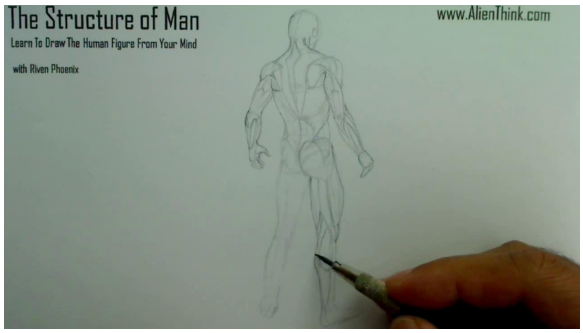
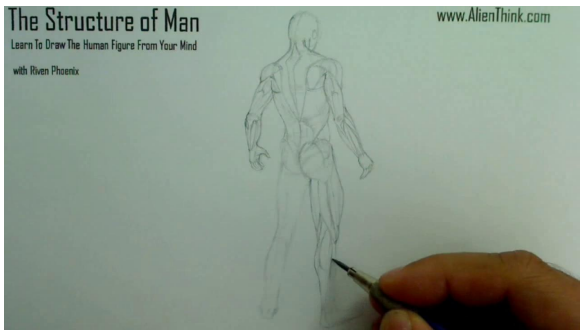
2026 Riven Phoenix and AlienThink.com

145		And how do we know this because we know that well we decided that the knee is really it's going to be here right.
146		We know that it's going to be here based on the proportion system that we talked about and then we know that right over here we're going to start to get our other muscles over here that's we're just going to connect right.
147		So who who who comes over here right what this is easy next to a J he it's always going to be muscle H right.
148		So here's going to be J coming all the way inside then you're going to get muscle H over here he's coming from the inside.

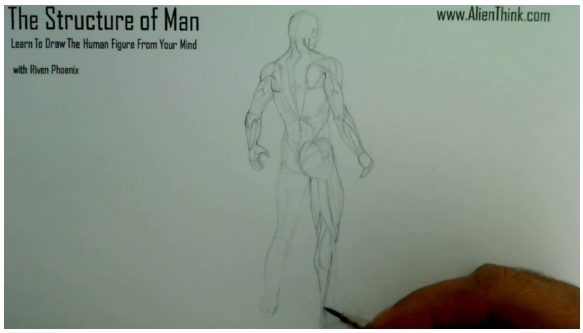
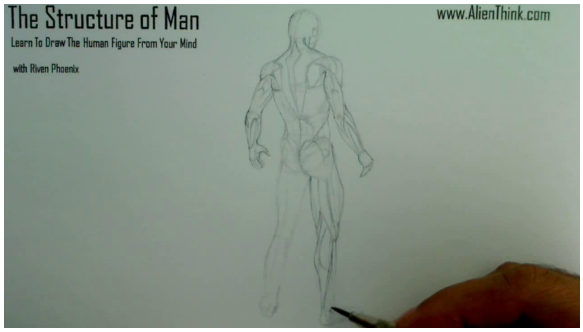
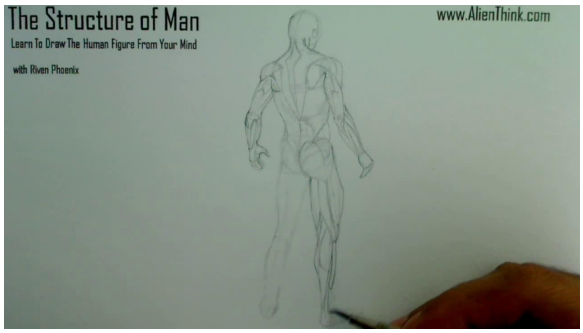
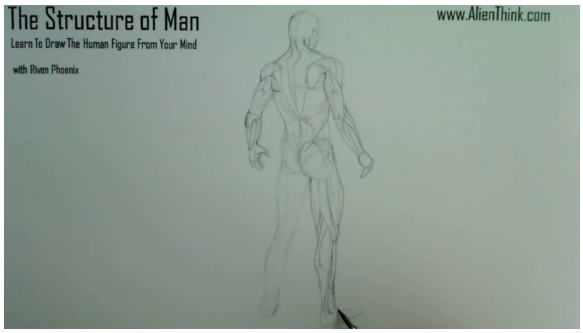
2026 Riven Phoenix and AlienThink.com

149		And this is where you have to now imagine okay where's the the femur in the tb over here and you're going to just simply say that well I got it he's just going to now connect to the the fibula over here right.
150		So this side over here is just going to become like this stream over here and then of course over here you're going to get G and then you're going to get F right you're going to get a little bit of this over here.
151		It's like this over here okay so once we figure this out now we understand okay well I know that the the calf muscles when they come out they're going to at least create this design here in the in the figure.
152		And then I know that the muscles are just going to be coming down like this over here and then over here it's going to go down like this just like this.

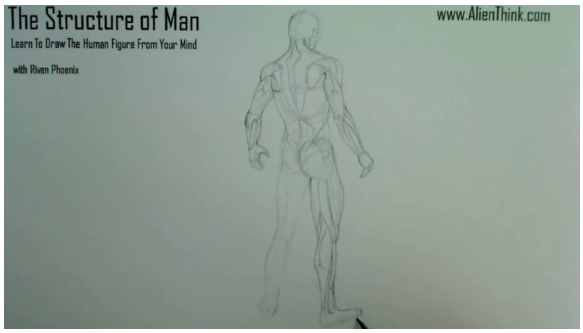
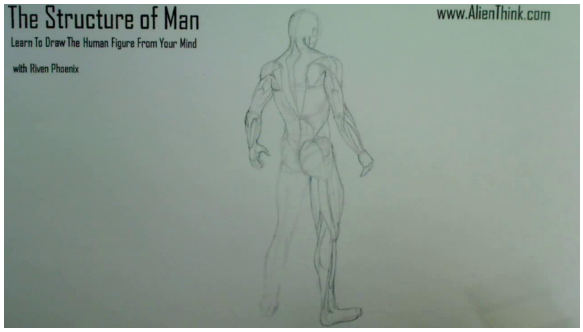
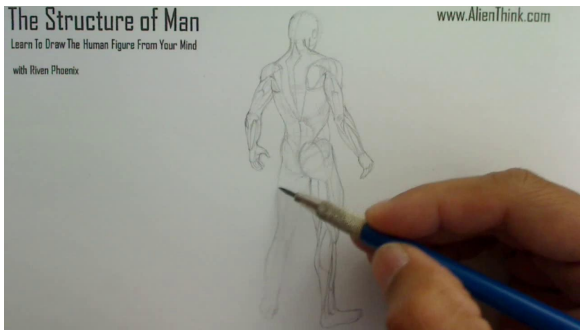
2026 Riven Phoenix and AlienThink.com

153		So what's going to happen over here we know that right you're going to get the the calf muscles coming out over here so it's going to be like this over here for us right.
154		So who was this muscle in our numbering system he was obviously seven right we knew that seven was here well I didn't want to put that actually I don't want to number them okay so this is going to be seven and then over here we know that right then you're just going to get eight.
155		And we know that because because of the system that we used to memorize these right so then this is where we're going to get kind of really really detailed here now okay so you're going to get this guy is going back into the heel right so here we're going to get well just for this sake here we'll say that okay well in this idea here I'm going to say
156		over here then I'm going to get six he's going to be really thin over here right because of the way the perspective is it's going to be hard to get this detail in so he's just going to be six coming inside over here.

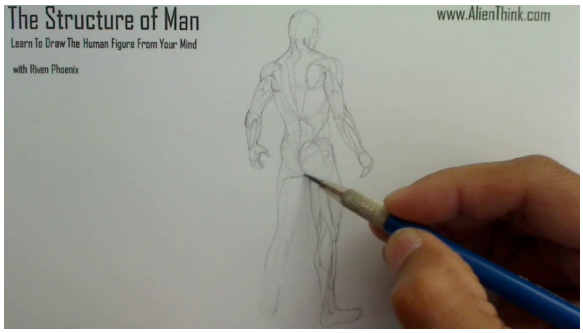
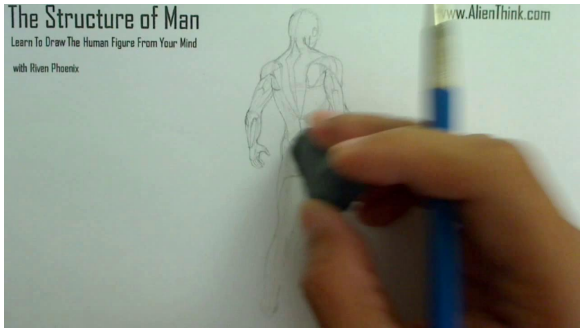
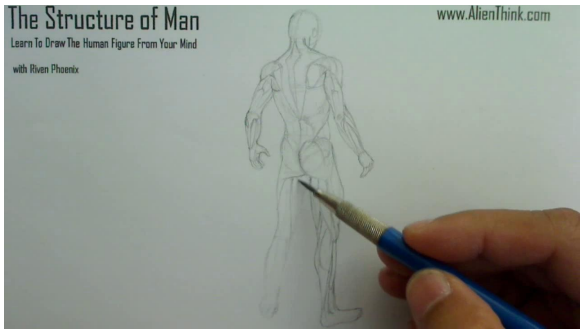
2026 Riven Phoenix and AlienThink.com

157		Then you're going to get right on where the TBI is you're going to get one and two right all of all of the stuff and this is where your your
158		Fibular is going to be so one and two are really have to come over here in this direction right so you know that you're just going to split this I know that this is one and two over here.
159		Okay so you know that okay well four is already gone on the other side right he already left us and then here we said okay well you're going three is the guy who's going to be coming on top of him so we'll at least see a little bit of three over here right and we said five and right next to three is 12 right that's the new guy that came in the middle see how that memory mapping system is now helping is paying off because we use that as a
160		link key in the peg system right so here now I'm going to get my my foot so I know that okay well my toes all the small toes are just going to be like this they're going to be coming this way.

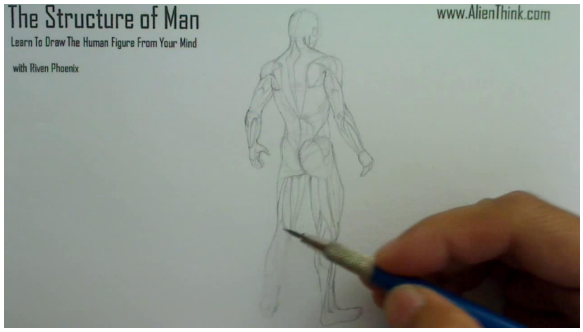
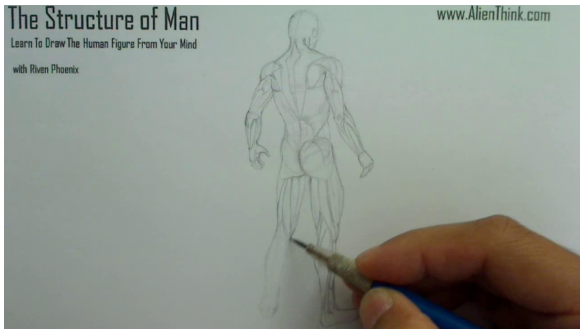
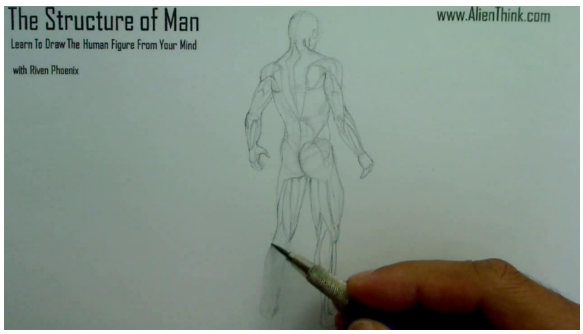
2026 Riven Phoenix and AlienThink.com

161		Now I'm going to get this side over here right I'm going to get like this bump over here then a little finger these are going to be small tiny details but it just shows you that you can make realistic figures here.
162		Right so here I'm just going to clean up this because this is really really tiny stuff here I know I'm going to get this bump over here I can just simply see two three four and then over here I'm just going to say that okay I understand that that is going to be the front of the foot.
163		Okay so now we're going to get into this section over here and just wrap this up okay so in this version over here we're going to get the the the buttocks over here so here I'm just going to do it this way because it's got to have a dip inside it right and he's just going to be like this over here and
164		then we're going to get the side of J over there so here I'm going to do the bottom over here for the buttocks and his muscle is just going to be like this over here.

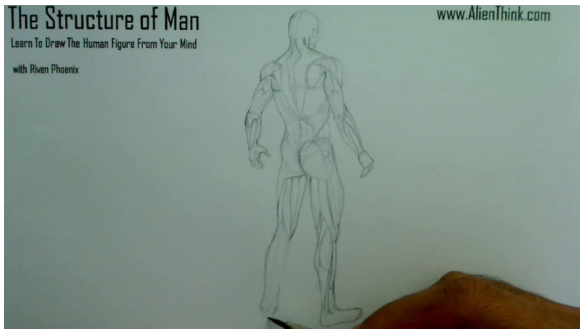
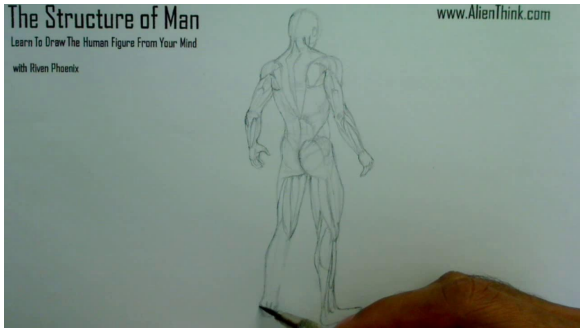
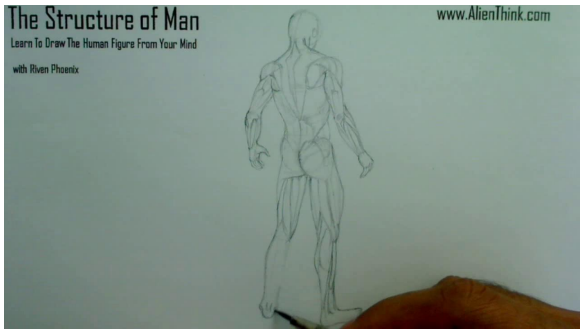
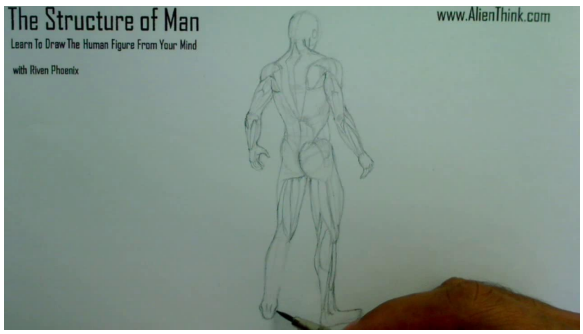
2026 Riven Phoenix and AlienThink.com

165		Right we went through this almost like the same kind of pose when we did the side going to sharpen the pencil.
166		Okay so it's just going to be like this over here right so this is the buttocks is always L right it's L and N okay so what's going to happen over here so this is where we have to now start to think about okay well I know that I'm going to around here I'm going to get those that the system over here right so who would come over here right it would be E.
167		Right it would be we would see a little bit of E and then we would see D over here right there would just be coming in this way right and then here we're seeing that right I mean you could in some cases C G if you right the
168		if you wanted to show him right but here you're just now we're going to just wrap this up over here and he's just going to come here so we know that okay well you got F

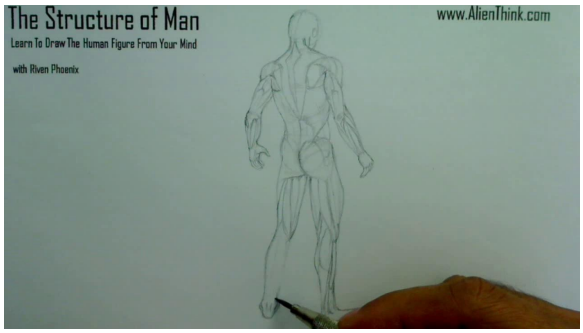
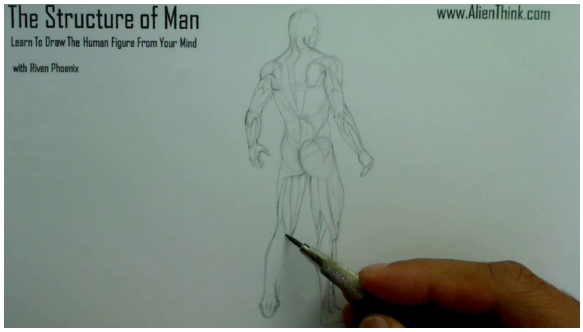
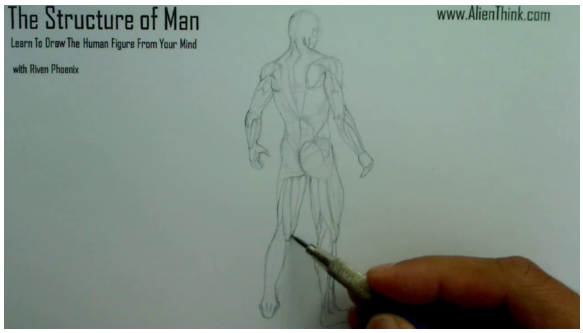
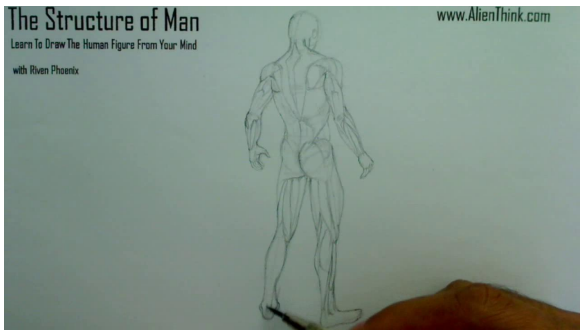
2026 Riven Phoenix and AlienThink.com

169		and here I'm just going to show G a little bit over here and then he's just going to go by his business on the other side and this we know is just H.
170		Okay so now we come to this section over here so we know that things are wrapping around this guy right he's just going to be here and in this case we could show a little bit of I
171		if we wanted to right then over here I'm going to actually finish this off over here I'm going to show like a gap in between okay so then we're just going to first figure
172		out the shape of this area over here okay so he's going to come here we're going to get an ankle over here like this you're

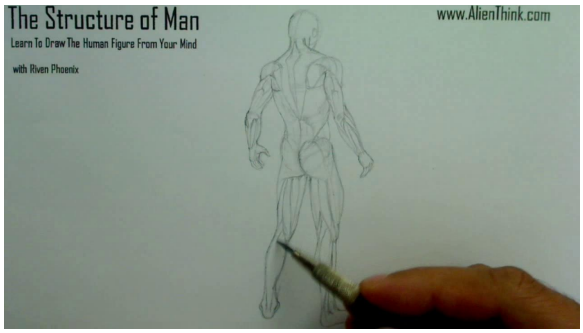
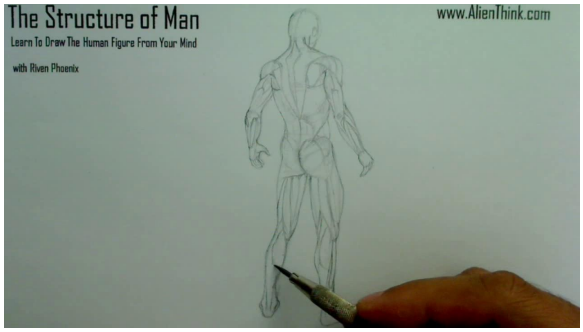
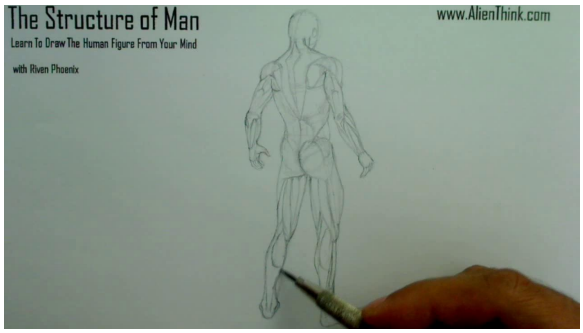
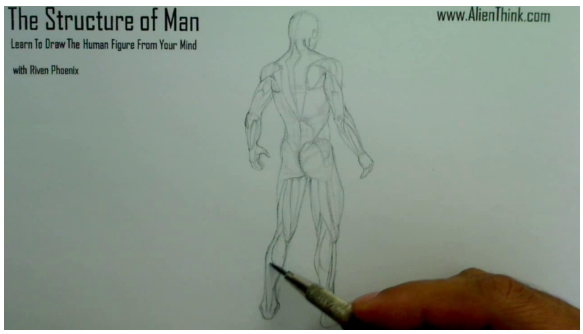
2026 Riven Phoenix and AlienThink.com

173		going to get the heel over here right so this is the going to be the thin area here for the well for the back of your foot and then over
174		here I'm just going to see like a little bit of the back version of that foot over here just like this and then this is just going to come in
175		over here remember the fibula is over here so when we create the ankle over here it's got to be a little more
176		higher right so over here we're just going to do like a little bit of the other foot like this it's going to be a

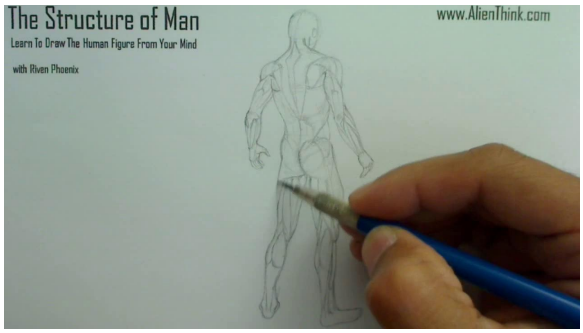
2026 Riven Phoenix and AlienThink.com

177		difficult angle to angle to show and this is just going to be an ankle over here and then over here we can now
178		say that okay well what I want to do is now show the the calf muscle here so it's going to be
179		pulled this in just a little bit over here so this all looks correct right and this is going to be my ankle over here
180		and then here it's just going to be coming out like this okay so here we can now see that okay now

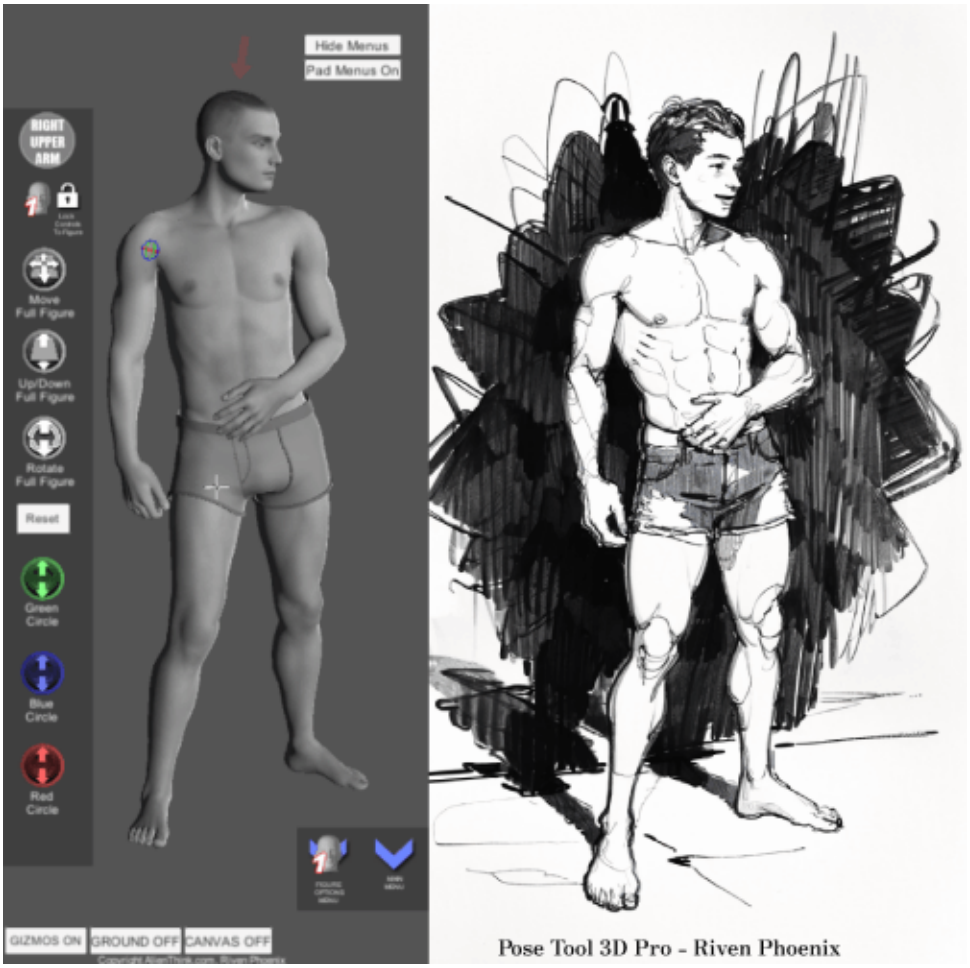
2026 Riven Phoenix and AlienThink.com

181		you're going to get your your calf muscles and they're just going to be coming around like this
182		and this is number eight over here and the calf muscles are really calf muscles all the way over here
183		so we're really not going to see the rest of the muscles over there but we'll see this guy over here
184		and he's going to be just like this okay

2026 Riven Phoenix and AlienThink.com

185		so I'll see you in the next lesson thanks

2026 Riven Phoenix and AlienThink.com



www.alienthink.com/pose-tool-3d/

2026 Riven Phoenix and AlienThink.com